

Class Timetable for Next Generation Clinic

(As of 1/11/11)

Monday	9.20-10.05am <i>Instructor: Suzie</i>
Tuesday	5.00 - 5.45pm 5.45 - 6.30pm <i>Instructor: Leisa</i>
Wed.	11.20am-12.05pm <i>Instructor: Natalie</i>
Thursday	5.45 - 6.30pm <i>Instructor: Kate</i>
Friday	11:00 - 11:40am <i>Instructor: Kate</i>
Saturday	8.00 - 8.45am 8.45 - 9.30am <i>Instructor: Leisa</i>

**WAKEFIELD STREET CLINIC:
ONE ON ONE SESSIONS ONLY**

**MT BARKER PILATES SESSIONS:
BY APPOINTMENT ONLY**

Get a group of friends together, come along and
have some fun.

*Bookings are essential. If you cannot make
your class please cancel within 24 hours.*

Rates

Initial Assessment	\$80.00
Initial Program (one on one)	\$65.00
Class Session	\$28.50
<i>or</i>	
10 classes (pre-paid)	\$230.00 (\$23/class)
Class Duration:	45 minutes

Wakefield Sports Clinic Locations

Next Generation

Level 1, Next Generation
War Memorial Drive
NORTH ADELAIDE SA 5006
Phone: 8221 7000
Fax: 8221 6988

Wakefield

270 Wakefield Street
ADELAIDE SA 5000
Phone: 8232 5566
Fax: 8232 7566

Mount Barker

3/22 Walker Street
MOUNT BARKER SA 5251
Phone: 8391 4160
Fax: 8391 6380



Clinical Pilates



At the Wakefield Sports Clinic we offer Clinical Pilates exercises classes. Supervised by qualified physiotherapists, the classes incorporate individual programs, devised and based on an initial assessment. The aim of the classes is to incorporate each individual's goal. Goals can include improve flexibility, posture, sporting performance, strength and/or minimise pain. Group classes are run at our Next Generation clinic, whilst one on one sessions are available at our City and Mount Barker clinics. A variety of Pilates equipment is used.

What is Clinical Pilates?



Clinical Pilates is a collection of exercises, which are aimed at maintaining or improving one's core. Named after its founder, Mr Joseph Pilates who was born in Germany in 1880, Pilates incorporates the principles of

various exercise and meditation disciplines including yoga, Karate and boxing. With a strong focus on smooth, controlled movement rather than pure strength, Pilates offers a new approach to exercise and rehabilitation. Pilates exercises are performed either mat based (on the floor) or using specialised spring loaded equipment (reformer/trapeze table).

Why has Pilates become so popular?

In the last decade there has been a growing body of research supporting core exercises for the management of spinal injuries and overuse injuries in sports. Poor control and endurance of the core muscles have been shown to be associated with skeletal and muscular pain and stiffness. Regular Pilates can assist in decreasing spinal pain by controlling spinal movements and increasing flexibility.

Pilates can help:

- Lower back pain
- Joint stiffness/arthritis
- Upper back and neck
- General core conditioning
- Postural pain syndromes
- Movement patterns
- Muscle endurance
- Sports injuries

When will I get results?

Pilates can improve movement patterns, posture and even sporting performance. Switching on your core muscles can have an immediate effect in reducing pain levels. However you need to allow time for practice before you notice a significant difference and therefore it may take several sessions. Just remember everyone is in an individual and will respond differently.

Can I hurt myself doing Pilates?

Pilates exercises can be challenging and if performed incorrectly can put excessive pressure on your musculoskeletal system. Sprains and strains and/or flare up of your symptoms are not uncommon. It is therefore important that you are closely monitored while you exercise.

Pilates equipment also uses springs for resistance and if used incorrectly can cause harm. If you are unsure as to how to set up equipment make sure to ask your supervising physiotherapist.

What can I expect?

Before starting in a pilates class your physiotherapist will complete an initial pilates assessment to determine your needs. During your initial program (minimum three sessions), your personally tailored pilates program will be developed. When you have mastered the basics of pilates you will be ready to begin in a class session (up to 4 people), or you may choose to continue 1:1 with the physio.

Our Pilates-Trained Physiotherapists:



Kate Holland

DMA Level 4
International
Clinical Pilates
Instructor

13 years experience
Teaching pilates



Leisa Stringer

DMA Level 1 & 2
Clinical Pilates



Suzanne Jacobson

DMA Level 1 & 2
Clinical Pilates



Natalie Bitter

DMA Levels 1—4
Clinical Pilates